

555 Faults & Fixes

'PERFORMANCE EXCELLENCE'

ARMED WITH THE TOOLS

Your '555 Team' approach to '**Faults & Fixes**' is both very simple and highly predictable. Those are both good things in 'Golf' and 'Life'!

You know that we strive to understand 'Scientific Realities' such as '**The Physics Of Rotation**' and '**The Geometry Of The Circle**'. This material always applies.

There are aspects and elements that are 'Consistent' to every swing universally. '**The 555 System**' includes a very comprehensive application and foundation of these.

Whenever we come up against a 'Fault', the 'Fix' relies upon our knowledge of '**The 5 SET-UPS**', '**The 5 ESSENTIAL ELEMENTS**' and '**The Five 555 CONCEPTS**' which we call the '**Problem Solvers**'. Sounds like these three groups of five might be worthwhile noting as we get into yet another 'Faults & Fixes'. Here they are!

'The 5 SET-UPS' ...

1) 'Posture', **2)** 'Grip', **3)** 'Stance', **4)** 'Ball Location' and **5)** 'Alignment'.

'The 5 ESSENTIAL ELEMENTS' ...

1) 'Clubface AIM', **2)** 'Clubhead PATH', **3)** 'Clubhead SPEED', **4)** 'Sweet Spot' and **5)** 'Angle Of Attack'.

'The FIVE 555 PROBLEM SOLVING CONCEPTS' ...

1) 'The Golfing Machine Concept', **2)** 'The Tether Ball Pole Concept', **3)** 'The Balsa Airplane Concept', **4)** 'The Human Ratchet Set Concept' and **5)** 'The Dead Rope Concept'.

Equipped with these '**Three Groups Of Five**', we can tackle any '**Mechanical Golf Issue**' that arises in a logical and realistic manner. '**Faults & Fixes**' will become second nature.

"Welcome Aboard!"

"Enjoy The Ride!"

GRIP

The 'Hands' are the ONLY connection of the 'Upper Body Machine' ('UBM') to the 'Golf Club'. They **'CONTROL'** the 'Golf Club'. The 'Arms **SUPPORT** The Hands'. The 'Body **TRANSPORTS** the Arms'. That is how it works.

The 'Hands' actually function like gentle to firm **'Clamps'**. Seldom should they ever be 'White Knuckled'! The **'Target Hand Controls The Clubface AIM'**. The entire 'Target Lever' establishes and maintains **'Swing Radius or Depth'** ('Distance' from your 'Target Shoulder Socket' to the 'Sole Of The Club' where it brushes the grass) and provides the **'#4 Pressure Point'** ('Target Biceps pressing against the Target Pectoralis muscle and Lateral Chest. When the 'Body Rotates Target-ward', it applies pressure against the 'Target Lever', thus moving it in the same direction at relatively the same **'RPM'**).

The **'Brace Hand Takes The Clubhead LAG Out'**. The 'Clubhead and Shaft' get slightly behind ('LAG or Trailing') the 'LEADING Hips' ('LBM') in the 'Down & Out Swing' ('DOFT'). The 'Lever Assemblies' get inherently a little 'Late'. Thus they must catch up, get 'On Time', to achieve 'Square-ness' at the 'Moment Of Separation'. This is **'Timing and RPM'**.

"So what is this RPM stuff?" you ask. Think of 'Components & Procedures', 'Parts and the Motions' they make. Envision the **'Bicycle Wheel and Tire'**. There is a 'Valve Stem, Spokes and the Hub'. When these 'Parts or Components' go 'Round & Round' ('Motions or Procedure') the 'Valve Stem and Cap' always remain in the very same positional relationship to the 'Hub'. This 'Positional Relationship' is what we scientifically correct golf teachers refer to as 'Timing and RPM'. When the 'Golfing Machine' goes 'R&R', the 'Outside Of The Human Golf Club Wheel' must **'MATCH'** the 'Hub or Core or Crankshaft or Spine' of the overall machine. We generate forward movement 'From The Inside Out' which pressures and slings the 'Clubhead On PATH and In ORBIT' away from and back to the 'Passive Patiently Waiting Little White Golf Ball'. Simple?

The 'Hands' must be 'Laid On' the 'Golf Club' in an orderly fashion. They must be arranged so as to be able to **'DO WORK'**. The back of the 'Target Hand' roughly matches the 'Clubface'. It is more 'Square To The Target Line' in the softer shots and rotated more to the 'Brace Side' which makes it 'Stronger' in the more powerful shots where there is more 'Work' to be done.

How do we know and control **'Stronger & Weaker GRIP'**? You will observe a 'V Line' in each hand formed by the margin between the 'Thumb and Index Fingers'. When each of these lines points at your 'Chin', the 'Grip' is said to be **'Weaker'**. When either is pointing at or towards your 'Brace Shoulder', it is described and functions in a more powerful or **'Stronger'** manner. The 'Hand, Wrist and Forearm' thus become more active. Do not get your 'Hands' overactive or **'Flippy'**. Remember, we must **'MATCH'** each 'V' to the other in order to create 'Mechanical Efficiency or Compatibility'. If the

‘Wrist Hinges’ do not ‘Match’, their ‘Actions and Motions’ will be opposing. Thus the ‘Golf Swing’ will not simply become a **‘LET IT HAPPEN’** event.

Generally the ‘Target Hand’ must have a very light ‘Grip Pressure’. As the ‘Brace Hand’ activates and manages the ‘Golf Swing’, it provides and utilizes a slightly ‘Firmer Grip Pressure’. The **‘GRIP PRESSURE’** is primarily applied by the ‘Helper Fingers’ (‘Smaller Fingers’ while the ‘Worker Fingers’ (‘Thumb & Index’) are far more ‘Passive’ then usually accomplished. ‘Soft Hands’ perform best in the ‘Golf Swing’. Remember, ‘Tight Muscles Are Slow Muscles’. Thus, tight muscles ‘Produce Slower Clubhead Speeds’ and then ‘Hit The Ball Shorter Distances’! How logical is that?

Remember, the ‘LBM Produces The R&R’ while the ‘UBM Produces the U&D’. There may be no single more important message that your ‘555 TEAM’ can provide!

Keep in mind that the ‘Golf Swing’ is primarily a **‘Brace Handed & Brace Sided Move’**. The ‘Motion Of The Brace Hand’s Moving Back & Up To The Brace Shoulder’ accomplishes ‘LBM COIL’ (‘Load or Wind’). The reverse move but **‘From The Ground Up’** and **‘From The Inside Out’** enables the ‘Un-COIL’ (‘Un-Load or Un-Wind’). The ‘Brace Leg Drive (‘Resistance’) dominates the ‘DOFT’ move. This ‘Resistance Theme’ and reality in ‘Golf’ is exactly like the simple act of walking. We must have the large ‘Earth Mass’ off of which we ‘Push’. The ‘Big Green Ball’ ‘RESISTS’ our ‘Pushing Off and Away With Our ‘Brace Foot, Leg and Hip’. Keep this simple picture in clear focus!

Little note: Some golfers wear gloves on both hands, especially if cold and wet. Most wear one glove on the ‘Target Hand’ only. This ‘Hand’ controls the ‘Clubface AIM’ so preventing slippage is useful or the ‘Bullets’ wander. Some folks play ‘Golf Bare Handed’ as this writer. Why? I got tired of not having fresh clean gloves in my bag. Taking it off for ‘Putting’ and putting it back on for the rest was annoying. Gloves are \$15 to \$20 each! I wore a lot of them out! **Now I am even wealthier!**

Well done and best of luck!

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

E-Mail: 555golf@cox.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7